

Anxiety and stress

Advice for March 2020

The World Health Organisation's advice for maintaining good mental health in times of stress and anxiety

- Limit the news and be careful what you read
- Have breaks from social media and be brutal with your muting/blocking
- Follow advice from trusted sources but don't go overboard!
- Stay connected with your loved ones but not through social media, if possible!
- Have a to do list that doesn't just involve watching stuff!

A technique for if you need a moment

A – Acknowledge that you are feeling stressed or anxious

P – Pause. Don't go rushing off to do anything. Pause and breathe

P – Pull back. Accept that this is just worry talking and that nothing is actually wrong in that moment

L – Let go. Let go of the thought or feeling. Let the moment pass. You may imagine them floating away in a bubble or a cloud

E – Explore. Notice the world around you. Look around and notice what you can see, hear, touch, smell, taste. Then try to return to something practical you were thinking about or needing to do before the moment of worry

Where to get help in school

Miss Crosby

Mrs Lee

Mrs McQuire

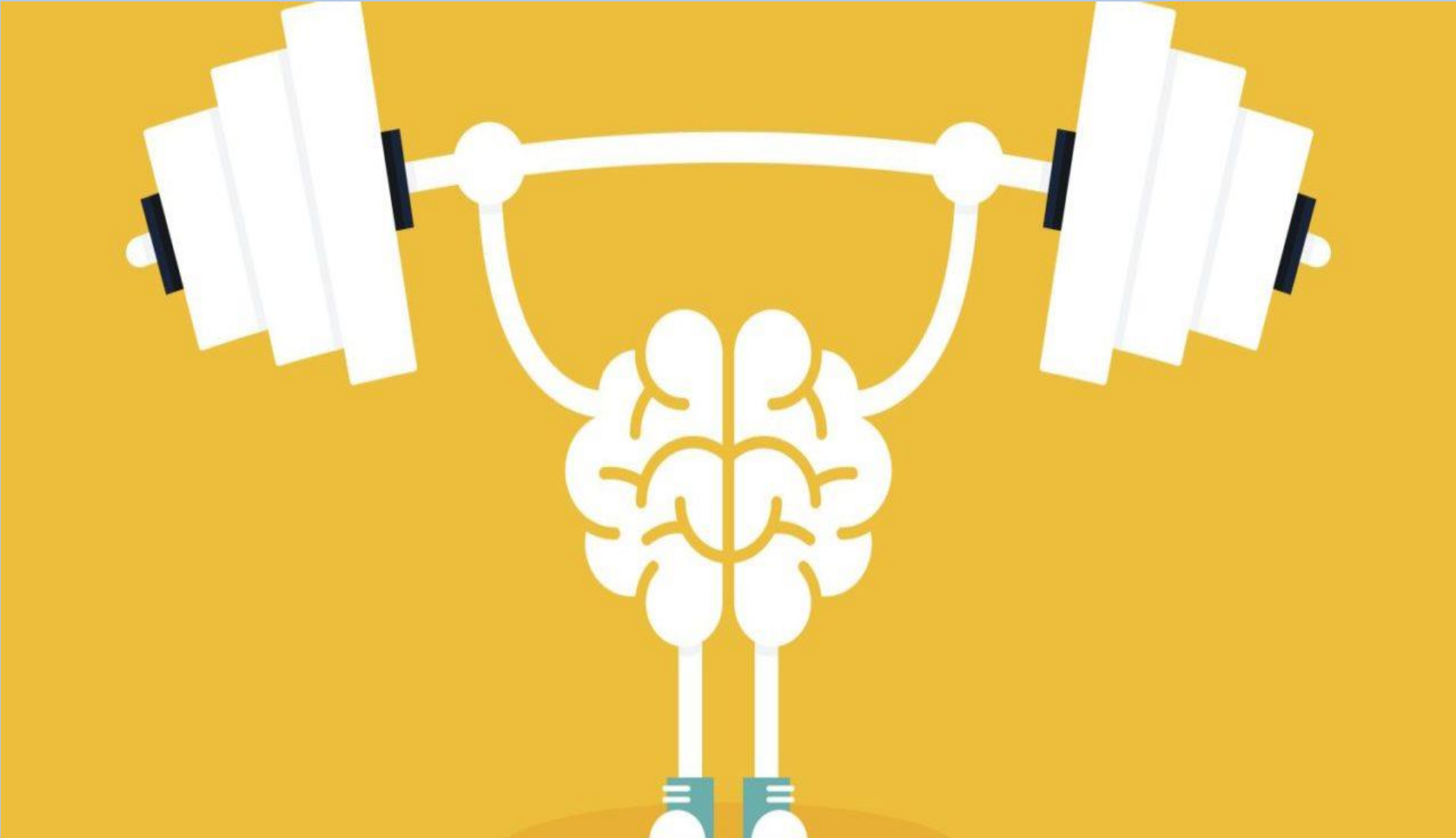
Mrs Wells

Mrs Torgerson

Mrs Hunter

Mrs Thomas

Any teacher



<https://www.youtube.com/watch?reload=9&v=DxIDKZHW3-E&feature=youtu.be>